



The February Man: Evolving Consciousness and Identity in Hypnotherapy

Milton Erickson, Ernest Lawrence Rossi

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From the front flap: "This volume is a rare record of Milton H. Erickson's pioneering genius in facilitating the evolution of new patterns of consciousness and identity in a young woman. It is the only completely documented report of an entire hypnotherapeutic case from the middle phase of Erickson's career, when his innovative approaches were being developed. [It] brilliantly illustrates the actual words and methods used by Erickson that are currently transforming the meaning and essence of the entire field of psychotherapy. Therapists of all persuasions will appreciate the detailed commentaries offered by Erickson himself on the whys, ways, and means of his naturalistic and permissive approaches to healing. 'The February Man' is a fascinating case study which illustrates the use of multiple levels of consciousness and meaning to access and therapeutically reframe traumatic memories that were the source of very severe phobias and depression. Erickson's masterful use of minimal cues and indirect suggestion enable him to assume the supportive role of the 'February Man' who 'visits' the patient many times during profound states of age regression. During these sessions Erickson evokes and utilizes many classical hypnotic phenomena (such as automatic writing, time distortion, and amnesia) to facilitate that 'reassociation and resynthesis' of the inner life which he regards as the essence of cure. As the February Man, he provides the patient with the seeds for new developments in her adult personality and with a more complete view of herself and the world in transition. 'The February Man' makes available for the first time the complete, verbatim transcripts and commentaries of a life in transformation that is a Rosetta stone for understanding 'the new hypnosis'. This intimate portrait will be treasured by all who seek to grow along with one of the most humane therapists of our time."

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